





Dauphin Middle Paxton Soccer
Lesson Plan

Activity Name	Description	Diagram	Coaching Points
Stretching	Every player has a ball and is arranged in a circle around the coach. Coach asks all players to perform a variety of stretches for approximately 5 minutes.	N/A	Stretching: proper technique and no bouncing
Cone Blast	Setup a grid that is 25x25 yards and place 3-5 tall cones in the around the grid. The players dribble around the grid trying to know the cones over with a pass. This game should last approximately 10 minutes.		Easy warm that should introduce the concept of passing using the inside of the foot.
Water Break	Give the players a quick 5 minute break.	N/A	Break: Hydration and fun game facts
Shark & Minnow	Build a grid approximately 20X25 yards. The players with balls (the minnows) dribble inside the grid and attempt to protect their ball from the two "Sharks". The Sharks attempt to gain possession and knock the minnows (ball) out of the grid. A minnow that loses their ball becomes a shark. This game should last approximately 10 minutes.		Ball Control: Focus on ball control and vision. Good way to introduce the concept of defense.



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Water Break	Give the players a quick 5 minute break.	N/A	Break: Hydration and fun game facts
Ouch	Build a grid 20X30. The coach jogs around in the grid and players try to kick their balls and hit coach. The players get a point each time they hit the coach. The coach should yell OUCH each time they are hit to make the game FUN. This game should last approximately 10 minutes.		Focus on proper passing technique using the inside of the foot. Work on using both feet.
Water Break	Give the players a quick 5 minute break.	N/A	Break: Hydration and fun game facts
Scrimmage	Coaches divide the player into two teams and play controlled scrimmage for 10 minutes.	N/A	Emphasis should be on teamwork and passing not scoring. Players should stay spread out.